

IN THE CLAIMS:

Claims 1-19. (previously cancelled)

Claim 20 (currently amended) Footwear comprising:

a sole comprising a unitary outsole of a wear resistant material having a resistance to compression, said outsole having a bottom, an upper surface, a heel section having medial and lateral regions, an arch section having medial and lateral regions, and a forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads of a foot, associated phalanges and metatarsal phalangeal joints of the foot, and the metatarsal neck associated with the fifth metatarsal head of the foot, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads of the foot;

a cavity in the outsole;

an insert in the cavity having a resistance to compression less than the resistance to compression of the outsole;

said insert being sized and shaped to overlie the outsole in at least part of the lateral region of the heel section of the outsole, at least part of the lateral region of the arch section of the outsole, and the first region of the forefoot section for attenuating the shock of impact in these regions during running and walking, and said insert being sized and shaped not to overlie at least part of the medial region of the arch section of the outsole and the second region of the forefoot section of the outsole whereby the outsole provides firmer foot support in these regions during walking and running.

Claim 21 (previously presented) Footwear as set forth in claim 20 wherein the insert substantially fills the cavity and has an upper surface substantially flush with the upper surface of the outsole surrounding the cavity.

Claim 22 (previously presented) Footwear as set forth in claim 20 further comprising an insole overlying the insert and the upper surface of the outsole.

Claim 23 (previously presented) Footwear as set forth in claim 22 wherein the unitary outsole comprises a series of upstanding ribs having upper ends which form said upper surface of the heel, arch and forefoot sections of the outsole and which
5 support said insert and said insole.

Claim 24 (previously presented) Footwear as set forth in claim 20 wherein said cavity and insert have substantially the same size and shape.

Claim 25 (previously presented) Footwear as set forth in claim 24 wherein said shape resembles a numeral 7.

Claim 26 (cancelled)

Claim 27 (previously presented) Footwear as set forth in claim 20 wherein said cavity and insert extend over an area of the outsole corresponding to the first distal phalange of the foot but not the second, third, fourth and fifth distal
5 phalanges of the foot.

Claim 28 (previously presented) Footwear as set forth in claim 20 further comprising an insole overlying the outsole and the insert, and a rigid shank extending longitudinally of the footwear at a location overlying the heel and arch sections of
5 the outsole and underlying the insole.

Claim 29 (previously presented) Footwear as set forth in claim 20 wherein said insert is of a foam material having a Type C durometer hardness of less than 70, and wherein said outsole material has a Type C durometer hardness of 50-85.

Claim 30 (previously presented) Footwear as set forth in claim 20 wherein said insert is of a foam material having a Type C durometer hardness in the range of about 40-60, and wherein said outsole material has a Type C durometer hardness of about
5 75.

Claim 31 (currently amended) Footwear comprising:

a sole comprising a unitary outsole of a wear resistant material having a resistance to compression, said outsole having a bottom, an upper surface, a heel section having medial and
5 lateral regions, an arch section having medial and lateral regions, and a forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads of a foot, associated proximal phalanges and metatarsal phalangeal joints of the foot, and the metatarsal neck
10 associated with the fifth metatarsal head of the foot, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads of the foot;

a cavity in the upper surface of the outsole;

15 an insert in the cavity substantially filling the cavity and having an upper surface substantially flush with the upper surface of the outsole surrounding the cavity, said insert having a shape resembling a numeral 7 and having a resistance to compression less than the resistance to compression of the
20 outsole;

said insert being sized and shaped to overlie at least part of the lateral region of the heel section of the outsole, at least part of the lateral region of the arch section of the outsole, and the first region of the forefoot section of the
25 outsole for attenuating the shock of impact in these regions during running and walking, and said insert being sized and

shaped not to overlie at least part of the medial region of the arch section of the outsole and the second region of the forefoot section of the outsole whereby the outsole provides
30 firmer support in these regions during running and walking;

said insert comprising a foam material having a Type C durometer hardness of less than 70, and said outsole material having a Type C durometer hardness of 50-85.

Claim 32 (new) Footwear as set forth in claim 31 wherein said insert has a width sufficient to support a lateral region of the arch of the foot extending rearward from the fourth and fifth metatarsal heads and necks of the foot.

Claim 33 (new) Footwear as set forth in claim 31 wherein said outsole having said cavity therein is of one-piece construction.

Claim 34 (new) Footwear as set forth in claim 20 wherein said insert has a width sufficient to support a lateral region of the arch of the foot extending rearward from the fourth and fifth metatarsal heads and necks of the foot.

Claim 35 (new) Footwear as set forth in claim 20 wherein said outsole having said cavity therein is of one-piece construction.

Claim 36 (new) Footwear comprising:

a sole comprising a unitary outsole of a wear resistant material having a resistance to compression, said outsole having a bottom, an upper surface, a heel section having medial and
5 lateral regions, an arch section having medial and lateral regions, and a forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads of a foot, associated proximal phalanges and metatarsal

phalangeal joints of the foot, and the metatarsal neck
10 associated with the fifth metatarsal head of the foot, and a
second region for supporting at least one of the metatarsal
necks associated with the second and third metatarsal heads of
the foot;
a cavity in the upper surface of the outsole;
15 a shock-attenuating insert of foam material in the cavity
having a shape resembling a numeral 7 and having a resistance to
compression less than the resistance to compression of the
outsole;
said insert being sized and shaped to overlie at least part
20 of the lateral region of the heel section of the outsole for
supporting at least part of a lateral region of the heel of the
foot, at least part of the lateral region of the arch section of
the outsole for supporting a lateral region of the arch of the
foot extending rearward from the fourth and fifth metatarsal
25 heads and necks of the foot, and the first region of the
forefoot section of the outsole, and said insert being sized and
shaped not to overlie at least part of the medial region of the
arch section of the outsole and the second region of the
forefoot section of the outsole whereby the outsole provides
30 firmer support in these regions during running and walking.

Claim 37 (new) Footwear as set forth in claim 36 wherein
said outsole having said cavity therein is of one-piece
construction.